

Life Purpose

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Chapter 1: Why You Need To Discover Your Life Purpose

There is a powerful reason why I am writing this book and sharing this information with the world. Discovering your life purpose is by far the most important thing that could happen in your whole life because once you discover your life purpose, you understand what you were put on the earth to do. Many people within the world don't know what their life purpose is and are struggling in life to achieve success and prosperity.

In a world where people only think about money, houses, cars, and all sort of friendships and relationships they possess, many have lost their purpose in life. It is very important to discover your life purpose and understand God has given you the blessing of life. When you don't know what your life purpose is, you live a life that is full of confusion, delusions, corruptions, disappointments, struggles, pains, and suffering.

You have to discover your life purpose to live a fulfilled life; a life that has true meaning and value. Many people have always questioned other people who have found their life purpose and chose to live their life purpose every day of their life.

Discovering your life purpose will help you find your hidden potentials and also help you to find your talents and skills. You have to understand that your life purpose is the thing that controls your destiny and how you live your life. Without understanding the importance of your life purpose, you would never become the person you were born to be.

This book will help you understand what your life purpose could be and guide you to discover it.

In the next chapter, I will explain how I found my life purpose and show you how I use it in my day to day life. I was someone who didn't know what my life purpose was until I discovered it through lots of life experiences.

Anyone can find their life purpose, but first, you need to understand and be aware that you want to discover it.

Chapter 2: How I Discovered My Life Purpose (Christopher Liam Rose Story)

In this chapter, I will explain how I discovered my life purpose and how I use it to motivate myself through my day to day life.

In 2014, I lost my flat and all of my possessions in a fire. When my flat caught fire from burning candles, I was left with **NOTHING. *No home, no possessions, no money, no food, and no drinks.*** After the fire, I was left homeless with nowhere to go. This was the point in my life where I was completely lost and destroyed because I lost everything.

While I was living on the streets in the west end of London in an area called Marble Arch, I slept with homeless people on the streets with no food, no drinks, possessions, money, or clothes. This was a painful and hurtful experience in my life and I kept thinking to myself as I was living on the streets. I cannot be living like this, I need to find a way to get out of the streets and get out of being homeless.

Because of my mental health problems of schizophrenia, psychosis, and depression, I was

sectioned into Springfield Hospital where I stayed to recover from my mental health problems and homelessness. While I was in Springfield Hospital, I was trying to rebuild myself and find a way through the problems I was experiencing. Then I realised something so powerful which was: 'to get out of this situation, I need to look for work and find a job that I can do'. If I could secure a job, I would be able to get back into a property, have money to buy back my possessions, keep my mind busy, and stay active. While I was in Springfield Hospital, God blessed me with two people that helped me; **Paul Dorrington (Lead Employment Specialist) & Karen Meechan (Clinical Psychologist).**

Paul and Karen both helped me to recover from my mental health problems and helped me to find a job. As Paul and Karen were helping me, I realised something so important, **I WANT TO HELP OTHER PEOPLE.** The meetings that I had with Paul were powerful, and he taught me so much about helping other people, getting jobs, mental health, health, fitness, spirituality, careers, and more. When I had therapy sessions with Karen, I discovered so much about myself and found ways to deal with my mental health and homelessness problem. Paul was the first person to get me a job within the mental health industry as a Co-Facilitator running a hearing voices group with clients who had schizophrenia and psychosis in Mind.

As I was working in Mind as a Co-Facilitator, I realised that it was my life purpose. Having a job in mental health helped me to discover who I was as a person and that I can use my life experiences to help many other people.

I discovered my life purpose through helping other people and working in mental health jobs which had meaning and value to me. Without Paul and Karen helping me when I was in the hospital going through mental health problems and homelessness, I would not have been able to find my life purpose.

Now in my life, I have had 13 jobs in mental health, made hundreds of videos on YouTube helping other people, been filmed in movies and documentaries telling my story, helped hundreds and thousands of people in my career, made a difference and impact to many people that I have helped and supported over the years, written five books which have helped other people.

The reason why I have done so much is that I found my life purpose. By going through the suffering, pains, hurt, and homelessness, I was able to rebuild my life and help other people.

I am also a very creative person, because, before the fire in my flat, I was involved in the music business where I wrote songs, produced music, performed on stages, created albums, mixtapes, EPs, singles, operated a music record label with other musicians and artists. This helped me to discover my skills and

talents. Without setting up the music business, I would not have found my other life purpose which is to be a creator.

My Life Purposes are:

- ***Helping Other People***
- ***Being Creative***

This is what I discovered because I was able to learn from my life experiences and discovered my gift and talents. Now I use my life purpose to do everything in my life, for example, writing books, making videos, making music, working in the mental health industry, volunteering, and running a business.

After I discovered my life purpose, I was able to achieve real success and prosperity because when you find something that is meaningful and powerful to you, this will help you to achieve everything you want and dreamt of.

I am living a very fulfilled and happy life because I now understand why I went through my life experiences and that has given me joy and fulfilment.

Dear reader, you can see through my story. I was once confused and didn't know my life purpose until I discovered it through my life experiences and the problems I was facing.

In the next chapter, I will talk about finding your life purpose.

Chapter 3: Finding Your Life Purpose

Here, I will talk about how to find your life purpose. Finding your life purpose can be simple but not easy because you have to discover what you love to do. When you find something you are passionate about and enjoy, this will link you to your life purpose. For example, I found my life purpose when I discovered my passion for music and also helping other people. When you think about your life experiences, was there a time when you were passionate about an interest or when you fully enjoyed something you love?

Love and passion will help you to find your life purpose; you just have to discover what you are passionate about. Sometimes your passion can come from discovering your interest, for example, it could be that you like art, cooking, gardening, helping other people, music, filming, photography, business, or entrepreneurship. The list is endless but when you discover what you are passionate about and love, then you will find your life purpose. You would know you found your life purpose when it links to helping other people. All major life purposes help other people in some way; this is why you have to keep searching for it until you know what feels right for you.

Also, I think you can find your life purpose through your life experiences. Life has a way of telling you your personal story which can help you discover your life purpose. Sometimes when we go through difficult problems, it helps to discover what we are made for. Look at your life and try to think of the times when you found things difficult and challenging. What did you learn from it? How have you used these life experiences to change your life? What did you find important from going through these life experiences? The problems you face in life can lead to your destiny. You just need to understand what life or what God is trying to tell you.

I discovered my life purpose through finding my interest which was music and using my life experiences to find meaning and purpose in life which was helping other people.

Spend time alone reflecting and searching for your life purpose. A journal is a wonderful way to understand who you are through writing about your thoughts, feelings, emotions, dreams, and desires. Using a journal to discover who you are can also help you find your life purpose. I have been writing in journals for many years and have learnt so many things about myself through writing.

I hope this helps you find your life purpose. In the next chapter, I will talk about living your life purpose.

Chapter 4: Living Your Life Purpose

Once you discover your life purpose, you will live a life full of meaning and value. Your life purpose gives you a sense of direction for your life and you will find your dreams and desires through it. Every day, you need to focus on your life purpose and live by it.

Your life purpose is something that stays with you for your whole life and when you live by your morals and values, you live a very intentional life. Living with intention is important. When you live by your life purpose, everything changes. You start to see the sense of God, spirituality, and nature. You will be connected to humanity, animals, and the universe. Living your life purpose makes you spiritual and purposeful.

When I discovered my life purpose, I changed in my character and personality and realised that I must do work that honours my life purpose.

You need to make sure that the work you do links to your life purpose because this will give you fulfilled and personal satisfaction. Doing work of meaning and value is everything to the people who live by their life purpose. Honouring your destiny and living your life purpose gives you true meaning and value.

I believe when you live your life purpose, you could help hundreds, thousands, millions, even billions of people through your passion, talents, gifts, and skills. Living your life purpose means you will help more people and make a difference in your life.

Always remember the more people you help in life, the more money and rewards you achieve. Living your calling and life purpose will give you success and prosperity because you're doing something you were born to do.

I hope this book has helped you to discover your life purpose and live a life of true meaning and value.

Thanks for reading.

Christopher Liam Rose

(C. Rose).

Life Purpose

*Live a Life of
Intention & Purpose*

*Helping Other
People & Giving
Back will help you
find your Life
Purpose*

*Live a Fulfilled &
Purposeful Life*

*Your Life Purpose
will help you to
discover your
Destiny*

*Live a Life of
Meaning & Value*